



*Family and Consumer Sciences*

**MSU Extension - Bay County**  
515 Center Avenue, Suite 301  
Bay City, Michigan 48708-5124

Phone (989) 895-4026  
Fax (989) 895-4217  
msue09@msu.edu  
[www.baycounty-mi.gov/MSUE/FCS](http://www.baycounty-mi.gov/MSUE/FCS)

Michigan State University,  
Bay County Board  
of Commissioners, and  
United States Department of  
Agriculture Cooperating

*MSU is an affirmative-action,  
equal-opportunity employer.*

*Michigan State University Extension  
programs and materials are open to all  
without regard to race, color, national  
origin, gender, gender identity, religion,  
age, height, weight, disability, political  
beliefs, sexual orientation, marital  
status, family status, or veteran status.*

*Accommodations for persons  
with disabilities may be requested  
by contact MSU Extension - Bay County.*

Ann Arnold  
Extension Educator

### **Welcome, Sue Kukla Better Kid Care Program Associate**

MSU Extension - Bay County would be pleased to announce that Sue Kukla has become a part of the MSU Extension team this September. Sue is a MSU Extension program associate working in the Better Kid Care program. Welcome, Sue!

### **Changes in Continuing Education Units (CEU) for Child Care Providers**

As of October 1, 2008, there will be a change in how MSU Extension provides professional development CEUs (continuing education units) for child care providers across the state.

CEUs will no longer be available by checking out Penn State Better Kid Care (BKC) training DVDs.

Child care provider professional development CEUs will only be available through 36-hour BKC, 18-hour Relative Care, and face-to-face training.

A minimal fee of \$5.00 will be required for all face-to-face professional development training.

Face-to-face trainings will be set up throughout 2009 in Bay, Midland, Isabella, and Gratiot counties. MSU Extension - Bay

County will inform providers at a latter date as to when and where the trainings will be held.

If you have any questions, please call Ann Arnold, Extension educator, at the MSU Extension - Bay County office at (989) 895-4026.



### **2008-2009 Better Kid Care Training Schedule set for Bay, Midland, Isabella, and Gratiot**

Included in this newsletter is the 2008-2009 Better Kid Care child care provider training schedule. The first training date is in early December and meets at the Isabella County Building in Mt. Pleasant. All classes start promptly at the time scheduled, please plan to arrive early.

CPR (cardiopulmonary resuscitation) re-certification is under the American Heart Association and is available for prior 36-hour Better Kid Care and 19-hour Relative Care participants only. There is a charge of \$15.00 for re-certification.

For more information or to register, contact MSU Extension - Bay County at (989) 895-4026.

## WIC Breastfeeding Club of Bay County sets Fall 2008 Schedule

New moms and moms-to-be are welcome to join the WIC Breastfeeding Club, whose purpose is to provide support for breastfeeding, parenting, and personal goals.

If you are interested in attending, the club meets once a month at two different times and locations for your convenience.

On the second Tuesday of the month, club meets in the evening at 7 p.m. in MSU Extension - Bay County's large conference room on the third floor of the Bay County Building, 515 Center Avenue, Bay City.

On the second Thursday of the month, club meets during the day at 1 p.m. at the Bay County Health Department, 1200 Washington Avenue, Bay City.

Below is the Fall 2008 schedule:

### **October 7 and 9, 2008 -**

Infant CPR and first aid

### **November 11 and 13 -**

Breastfeeding-friendly diaper bag project

### **December 9 and 11 -**

Breastfeeding during the holidays, craft projects

For more information on the Breastfeeding Club and its activities, contact MSU Extension - Bay County at (989) 895-4026 and ask for Kim Langley, club coordinator, or call the WIC clinic at (989) 895-4002.

## The Importance of Movement in Kids' Development

It is important that all young children are physically active every day. In fact, physical activity may play a bigger role in a child's development than previously believed. Recent research suggests that promoting movement and activity in young children can help increase memory, perception, language, attention, emotion and even decision making. When language is combined with movement, learning increases 90 percent. Movement has also been shown to help calm and promote alertness in infants.



Helping young children develop basic movement skills will not only help to increase their school readiness and school success later in life, it will also help them build a foundation for a healthy and active lifestyle as they grow. Here are a few ways that you can promote movement and enhance your child's development.

### **0-6 months:**

- Gently "cycle" her arms and legs
- Let him kick at your hands or a toy
- Dance with her

- Gently rock or swing him
- Play peek-a-boo, moving his hands to cover his eyes
- Let her play with spoons, a rubber ring, a soft doll or small rattles that she can grasp
- Lay him on his tummy for "tummy-time"
- Play with him on the floor

### **6-12 months:**

- Dance with him
- Let her explore by climbing or crawling (make sure she is supervised)
- Let him play with pop-up toys to help his hand-eye coordination
- Place a toy just out of reach to encourage her to move towards it
- Give him toys in the bath so he can practice pouring or squirting
- Stand her on the bed and gently bounce her
- Let him play with toys he can stack or simple puzzles
- Help her walk around without a walker

### **12-18 months:**

- Take walks with him and talk about the things that you see
- Have her play with many different toys, such as shopping carts, doll strollers, small wagons, and riding toys that can be pushed with her feet
- Let him play with toys that help him practice filling, dumping, or stacking
- Allow her to play on safe, low places to practice climbing under, over, inside of, on top of, and around
- Allow him to practice his new skills in many different places, such as inside, outside, or at other houses

- Praise him for his new skills that he has learned

### 18-24 months:

- Allow her to play inside and outside with lots of room to crawl, walk, run, and jump
- Allow him to play inside in a soft play area with lots of pillows, mats, and mattresses
- Let her use large blocks, boxes, and blankets for building forts
- Create a safe obstacle course for him to play on
- Allow her to play with crayons, paper, dolls and doll clothes, play dough, snap together blocks, small blocks and small toy figures that help her grasp
- Allow him to grasp, hold, pour, scoop, and squeeze different safe materials, such as sand boxes, water basins, and play dough
- Allow her to feed herself with utensils and hold her own drink
- Draw and write with him - let him watch you and help him
- Allow her to turn pages of the books you read together

### 24-36 months:

- Help him discover his shadow on a sunny day - try and catch it
- Help her practice kicking by allowing her to kick a ball
- Play follow the leader with him - let him be the leader
- Dance to music with her
- Spend time outside with him playing on playgrounds or with other children
- Help her build forts for play inside
- Allow him to do simple crafts, such as coloring, cut and paste of string beads
- Allow her to start dressing and feeding herself

- Allow him to help with simple chores, such as setting the table



By helping your child or the children in your care learn to move you will not only help with their

development, but you will also make sure that they are staying healthy and active. Developing movement skills early on can help promote a healthy lifestyle, learning, and overall well-being.

For more information on parenting, nutrition or health issues, contact the MSU Extension - Bay County office at (989) 895-4026. MSU Extension Children, Youth, and Family Sciences educators integrate university and community resources to help families succeed.

*Written by Kendra Moyses, BS, associate program leader, Children, Youth, and Family Sciences, Michigan State University Extension.*

## Family Meals Get an A+

Life is busy. Parents are working inside and outside the home. Kids need to be taken to school, practice, and/or other events. The dog is sick. This constantly on-the-go lifestyle may make it impossible to maintain routines, which are very important for the growth and development of children. Often, the family meal becomes a casualty of our rushed lifestyle.

Family meals are important for at least three reasons: (1) they provide children and teens with predictable structure; (2) eating together provides the family a chance to talk with each other,

thereby strengthening family communication and bonding; and (3) children who share family meals:

- ◆ eat more fruits, vegetables, and whole grains
- ◆ are less likely to snack on unhealthy foods
- ◆ have less substance abuse
- ◆ perform better academically
- ◆ are healthier
- ◆ have fewer eating disorders

Despite recognition by most parent that dining together with their children is important, less than 50 percent actually do this regularly.

To rekindle the ritual of having family meals in your household, consider the following ideas (taken from a parent's point of view).

- ▶ **Make it a priority to meet together.** Meet at home, in a restaurant, or have a picnic before a ballgame.
- ▶ **Be a role model for healthy eating.** Set a good example for your children by limiting choices such as soft drinks, fast food, chips, and sweets. If dad is eating broccoli, chances increase that your children will too!
- ▶ **Minimize distractions.** Eat at a table with the television off. Turn off the phone. Put the hand-held video games on the shelf.
- ▶ **Keep it simple.** Cold sandwiches with a salad and a glass of milk and fruit for dessert can be just as nutritious as a five-course meal. Creative use of leftovers saves time and money.
- ▶ **Don't force healthy eating.** The parent's job is to decide

what food is offered, when and where; the child's job is to choose what and how much to eat. Avoid food fights wherever and whenever possible.

### Six tips for involving children and teenagers include:

1. Let kids help with meal planning, food purchase, and preparation.
2. Give small children jobs like setting out napkins and silverware or garnishing the plates.
3. Older children may enjoy filling glasses with milk or water.
4. Involve teens with the cooking.
5. Allow teens to invite a friend for dinner.
6. Give your kids a chance to express their thoughts and opinions - not just on the meal but with all topics.

Whatever your schedule, make a commitment to eat together with your family. This single activity has the real possibility to enhance food choices, as well as social skills, and contribute to a cohesive family unit.

### References:

- "Families that eat together." Tufts University Health and Nutrition letter. 15(8):2, Oct. 97.
- Satter, Ellyn, MS, D, LCSW, BCD. *The Secrets of Feeding a Healthy Family*. 2005

Submitted by Jodi Jocks, M.S., R.D.  
contracted for Children, Youth, and Family  
Sciences, MSU Extension.

## Making Quick and Healthy

## Kid-approved Meals

*"We don't have time to eat healthy."* Sound familiar?

Preparing healthy meals doesn't have to take a lot of time or cost a lot of money. Try these quick and easy kid-approved meals:

- **Macaroni and cheese:** Make a box of macaroni and cheese according to the package directions except use half the butter or margarine required and use skim or 1 percent milk instead of whole milk or 2 percent milk. Stir in one cup of your child's favorite cooked vegetable, such as broccoli, cauliflower, carrots, or peas.
- **Spaghetti:** Add one bag of frozen mixed vegetables to a jar of prepared or leftover spaghetti sauce and cook in a pot until vegetables are heated through. Serve over pasta. Try a new kind of pasta such as spinach, vegetable, or whole wheat, or treat your kids to a fun new pasta shape such as shells, spirals, or wheels.
- **Pizza:** Order a cheese-only pizza from your favorite take-out place. Separate the slices at home and invite your kids to create their own pizza using low-fat toppings you have on hand, such as extra pineapple chunks, olives, tomatoes, low-fat deli meats, peppers, onions, etc. Reheat in oven until hot.
- **Peanut butter surprise:** Peanut butter sandwiches are not just for lunch. Invite children to make their own PB and J special

by adding other healthy ingredients, such as sliced banana, apple or pear, raisins, dried apricots, shredded carrots and more. Serve with a bowl of vegetable soup and a glass of milk.

- **Sundae dinner:** *No time to cook?* Why not surprise your kids with a sundae dinner they're sure to love? Give each child ½ to 1 cup of vanilla yogurt or frozen yogurt in a bowl or coffee cup. Put healthy toppings such as sliced banana, fresh berries, crushed pineapple, fruit cocktail, dried fruit, crumbled graham crackers, broken fig bars, nuts and dry cereal in bowls and invite children to create their own sundaes.
- **Soup and muffins:** Boost the nutrition content of any kind of canned soup by adding more vegetables. Stir in a can of corn or green beans, a few handfuls of frozen veggies, or a cup or two of fresh cut vegetables from your refrigerator. To make packaged muffin mixes healthier, prepare the batter according to the directions on the box or envelope. Add ½ to 1 cup of fresh, frozen, or dried fruit, such as raisins, dried cherries, chopped apple or frozen berries, or grated carrot. Bake according to package directions.

*This excerpt provided by Chris Flood,  
program leader, CYFC, MSU Extension.*